For the beautiful bride

Skin care essential as the day of the wedding nears

Being a beautiful bride is easy if you begin your beauty regime a few months in advance of the big date. Most experts say that beautiful skin is essential to attractiveness, so you'll want to begin as soon as possible to get the proper rest, nutrition, and exercise it needs.

Try relaxing through those hectic weeks of planning with a daily ten minutes of waist-bends, sit-ups, and toe-touching. These routines, combined with deep-breathing exercise, will aid in reducing tension and in trimming off inches. You owe it to yourself to schedule a few minutes a week for special pampering.

Plan a facial - a professional skin cleaning by a beauty consultant or a dermatologist. Make sure to schedule a final procedure at least ten days before the ceremony. This allotment is necessary, as facials can cause temporary blotches or breakouts until the skin returns to normal balance.

Should an unwelcome blemish occur for any reason, do not hesitate to call upon your family physician or dermatologist. Suprisingly, there are a number of antibiotics or preparations which can eliminate or diminish unsightly pimples virtually overnight.

If professional help is unavailable, sharpen a flesh-colored, make-up pencil and gently touch its point to the problem area to perform a quick camouflage.

Plan your wedding-day make-up in advance. If you choose, schedule yourself for eyelash dyeing. Salons which perform hair coloring services, generally offer lash coloring as well. Many a misty-eyed bride will find this special touch a welcome alternative to running mascara. When calling for an appointment, make sure the salon uses only safe vegetable dyes. If coloring is undesirable for you, use a waterproof mascara, applying first to the tips of lashes, then to back.

Instead of eye shadow, use a liquid foundation, several shades darker than your skin. Apply and move it up from the lashes to the bottom of the eyebrow, so as to allow the eyes to appear more prominent and come forward for a glamorous, yet subtly romantic effect.

Popular gift ideas

[Continued from page 2]

mugs, leather goods, pens and pencils, key chains or key rings, and cuff links. Other popular choices for male attendants are tie tacs, lighters, i.d. bracelets, money clips, toiletries, clothing, gift certificates, sports items and watches.

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